

About National Women's Health Week



What is National Women's Health Week?

National Women's Health Week celebrates the extraordinary progress in women's health and recognizes that more needs to be done to safeguard the health of women for generations to come. Keeping women healthy and safe and promoting awareness of women's health issues depends on partnerships with social, health, and other services. It also depends on women taking the time to promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social, and spiritual health. During National Women's Health Week, women's health becomes a priority for families, communities, and government as all three work together to improve the health of women and to increase awareness and understanding of women's health issues.

When is National Women's Health Week?

We will celebrate the 7th annual National Women's Health Week May 14-20, 2006. The week will start on Mother's Day and end on the following Saturday, a time when there is much attention already being focused on women.

Where is National Women's Health Week?

Across America—in communities, neighborhoods, towns, cities, counties, the Internet, job sites, places of worship, recreation centers, and wherever people choose to celebrate the role of good health practices in the lives of women.

Who participates in National Women's Health Week?

Anyone who wants to help make women's health a top priority - national women's groups, local and national health organizations, disability-related organizations, businesses, social service agencies, and others. Founding partners of National Women's Health Week hope that each year it is celebrated, more groups will join in a groundswell of activity that will lead to healthier women and a healthier America.

Why celebrate National Women's Health Week?

When women take even the simplest steps to improve their health, the results can be significant. But women need to be able to choose the most effective steps for their individual lifestyles and circumstances. They need to be informed and take responsible actions to improve their own health. For example, heart disease is the number one killer among women, but cancer ranks first among Asian/Pacific Islander women. When it comes to lung cancer, however, white women have the highest mortality rate, while African American women have the highest mortality rate from heart disease. Stroke is the third leading cause of death for American women, but it occurs at a higher rate among African American and Latina women. Women with disabilities often require additional technological and accessible features when seeking health care services; the lack of these features coupled with the lack of cultural competency among providers often prevents them from seeking and achieving proper health care. These differences show the importance of taking appropriate health actions based on individual backgrounds and risk factors.

For information about hosting or participating in this and other National Women's Health Week activities, visit the National Women's Health Week Web site at www.womenshealth.gov/whw or call 1-800-994-WOMAN (9662), or TTY: (888) 220-5446.